

Allergy symptoms checker



This tool can help you check if your symptoms could be linked to allergy. It can be shared with your GP to support your appointment. This is not intended as a self-diagnosis tool. If you suspect allergy, always consult a healthcare professional.

Personal details;

Date: _____

Age: _____

When did the symptoms start? _____

How often do the symptoms occur? _____

Checklist of symptoms:

Nose

- ☐ Runny nose
- ☐ Blocked/congested nose
- ☐ Itchy nose
- ☐ Sneezing

Ears, Mouth & Throat

- ☐ Itchy inside the ears
- ☐ Itchy mouth/throat/lips/tongue
- ☐ Swollen lips or tongue
- ☐ Difficulty talking
- ☐ Feeling of throat closing up

Skin

- ☐ Hives or a red raised itchy rash
- ☐ Eczema
- ☐ Swelling of the skin

Airways

- ☐ Difficulty breathing/shortness of breath
- ☐ Wheezy breathing
- ☐ Coughing

Digestion

- ☐ Nausea
 - ☐ Vomiting
 - ☐ Diarrhoea
- In babies, also note the following
- ☐ Bleeding from the bottom
 - ☐ Reflux
 - ☐ Constipation or diarrhoea

Eyes

- ☐ Itchy/prickly
- ☐ Watery
- ☐ Red
- ☐ Swollen

Food allergy in babies

There are some additional signs in infants with food allergy that you should look out for. You can find a comprehensive list of these symptoms and signs within our [Weaning Support Pack, page 43](#). Our Helpline can also offer additional guidance on recognising food allergy in children.

If you have a baby that you suspect might be showing symptoms of food allergy, always visit your GP for medical help and advice without delay.

The causes:

If you suspect that you know the cause of your symptoms, jump to the relevant section and tell us more.

Do you suspect food allergy?

- ☐ What foods do you suspect might be causing symptoms?
- ☐ Symptoms appear immediately after consuming the food.
- ☐ Symptoms appear sometime after consuming the food.
- ☐ This food has been eaten before without a reaction occurring.
- ☐ Hay fever is also experienced during tree/grass/weed pollen season.

Do you suspect an environmental or airborne allergy?

Such as pollen, house dust mite, mould, pet dander or other toxins in the air.

Symptoms are mostly experienced when:

- ☐ Outside during specific seasons e.g. pollen season
- ☐ Outside all year through
- ☐ Indoors during specific seasons e.g. winter season
- ☐ Indoors all year through
- ☐ Indoors when around pets or in a house where pets live
- ☐ In older buildings
- ☐ After vacuuming or dusting
- ☐ Near chemical smells or cleaning products
- ☐ Exercising or doing a physical activity
- ☐ During certain weather e.g. cold or hot
- ☐ Other _____

Do you suspect a contact allergy?

For example a skin reaction to beauty products, cleaning products, jewellery or fabrics.

- ☐ What products/materials do you suspect might be causing symptoms?

- ☐ Have these products/materials caused a reaction before?
- ☐ Does the skin reaction spread to other parts of the body?
- ☐ Do you see a reaction a while after using new products or coming into contact with anything unusual?

How would you describe the skin reaction:

- ☐ Bumpy skin
- ☐ Itchy raised areas
- ☐ Red patches
- ☐ Dry itchy patches/not raised
- ☐ Cracked dry skin
- ☐ Weepy broken skin
- ☐ Swelling of the skin
- ☐ Red and tight areas of skin (black or asian skin may see a darkening instead)
- ☐ Other _____

Do you suspect an insect sting allergy?

- ❑ Has there knowingly been a sting by an insect recently? E.g. bee or wasp.
- ❑ Is there swelling or redness at the sting site?
- ❑ If yes, is the swelling more than 10 cm in diameter from the sting site?
- ❑ Has the swelling been present for more than 24 hours?
- ❑ Has any swelling or rashes appeared on the body away from the sting site?
- ❑ Is there any swelling of the face, throat or mouth?

Severe allergic reactions, known as anaphylaxis

If you think you or someone you care for might have an allergy, it is important to also be aware of the signs of a severe, life threatening reaction called anaphylaxis.

Symptoms of anaphylaxis happen very quickly, usually within minutes of being exposed to something that you are allergic to.

Anaphylaxis can affect the whole body, and includes one or more of the following symptoms:

- Swollen tongue
- Difficulty swallowing/speaking/change in voice (hoarse or croaky sounds)
- Throat tightness
- Difficulty breathing or breathing fast
- Noisy breathing
- Chest tightness
- Persistent cough
- Wheezing (whistling noise due to a narrowed airway)
- Feeling dizzy or faint
- Collapse
- Loss of consciousness (unresponsive)



What to do if you suspect an anaphylactic reaction:

1. If the person has an adrenaline auto-injector (e.g. EpiPen) this should be used without delay. Instructions can be found on the side of the device.
2. Call 999 and ask for an ambulance – say it is anaphylaxis (ANA-FIL-AXIS)
3. Lie the person flat with their legs raised. If breathing is affected by this position, sit up slightly supported behind the back. If pregnant lie on the left side. Standing or moving (unless in an unsafe place) should be avoided.
4. Stay with the person until medical help arrives.
5. If there is no improvement after five minutes and another adrenaline auto-injector is available, a second dose of adrenaline can be given, ideally in the other leg.
6. If a person has had adrenaline, they should always go to hospital for further observation and treatment e.g. additional doses of adrenaline. Sometimes anaphylaxis can reoccur after the first episode has been treated and apparently settled.

If in doubt, always treat as anaphylaxis and give adrenaline without delay.